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STREET HYPE

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Luciano No-show Vexes Promoters

Luciano to face lawsuit • Signed contract Dec. 2, 2014 and was paid $2,500 deposit

By Patrick Maitland - Editor Street Hype

The organizers of Caribbean American Heritage Festival say they plan to slap Jamaican reggae superstar Luciano with a lawsuit for being a no-show at the June 13 show on Long Island.

Luciano signed a contract Dec. 2, 2014 and was paid $2,500 deposit for him to perform at the free public event but never showed up to take the stage, said Nick Sinclair, president & CEO of Caribmixx Radio and the festival, which seeks to promote Caribbean culture and reggae music.

Continued on page 4

LUCIANO

Watch Out for foreclosure rescue scams

Story on page 5

MAVIS & EPHRAIM HAWTHORNE GOLDEN KRUST FOUNDATION'S HONOREES:
(Standing l-r): Glenford Christian (Founder & Chairman, Cari-Med Limited), Rev. Granville Senior (Senior Pastor, United Church of Jesus Christ), David C. Banks (President & CEO, The Eagle Academy), Lowell Hawthorne (Chairman, MEHGKF & President & CEO, Golden Krust Caribbean Bakery & Grill), Paul C. Brunson (Founder & President, The Paul C. Brunson Agency), Hector Estepan (Medical Director of West Caldwell Health Council). Sitting (l-r): Susan Taylor (Founder & CEO, National CARES Mentoring Movement), Suzanne Greenidge (Founder & Director, Woman to Woman OB/GYN)

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EDITORIAL

Jamaica's love/hate relationship with and its Diaspora

The word Diaspora, which means the scattering of people from their ethnic roots, is the new buzz among Jamaicans. In fact, some 3,000 flocked to Montego Bay, Jamaica, to participate in the just-concluded 6th Biennial Jamaica Diaspora conference (June 13-18).

It is estimated that over the past several decades, some 3 million Jamaicans have immigrated to countries such as the United Kingdom, the United States and Canada. Experts say emigration appears to have been tapering off in recent years but the number of ex-patriots living outside of Jamaica – the Diaspora – exceeds the number of Jamaicans living on the island.

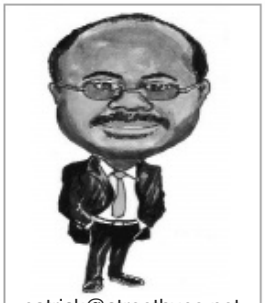
These Jamaicans can be found in the far corners of the world but the largest pools of Jamaicans live and work in the United States, the UK, Canada, other Caribbean islands, and all across the Caribbean coast of Central America. They are a people with significant human resource capital and power, including over 70 percent of all Jamaican college graduates with skills now living and working outside the island.

Rising crime rate following the country's independence in 1962 and slow economic growth have been cited as among the chief reasons why Jamaicans have been leaving their homeland.

However, Jamaicans in the Diaspora have never forgotten their homeland as evident in the over US$2 billion annual remittances to meet the needs of their families. Despite experiencing personal difficulties and other challenges, Jamaicans are always willing to help and give back to their homeland.

Members of the Jamaican Diaspora are very passionate about their country and are always trying to help or offer assistance. People are not just about reaching back to assist their own personal family, but the overall good of their home nation.

To many people, the 6th Biennial Jamaica Diaspora conference was just another talk shop as no one is really serious about



patrick@streethype.net

maximizing the true potential of the Diaspora. However, the Government of Jamaica and the Diaspora Advisory Board should be commended for staging the conference and other initiatives to support the Diaspora.

But, we must address what could be considered a psychological war between the Jamaicans living overseas and their friends and family, including political leaders. They really don't trust each other. Jamaicans in the Diaspora argue that Jamaicans at home only want their money (remittances) and other resources, and not their ideas or knowledge about how to advance the country.

On the other hands, Jamaicans at home contend that their overseas counterparts are out of touch with the modern, and often harsh, political and social realities of the nation they left behind. Both sides have some merits, but the division has to change!

We need workable solutions to address the issues affecting the relationship between Jamaica and its Diaspora.

Firstly, the Jamaican Diaspora needs to be better organized in its effort to reach more Jamaicans abroad. In the United States for example, an effective Diaspora movement may work best if groups were established in each state instead of the current structure where an Advisory Board is comprised of four representatives who cover regions of the country.

The Jamaican government should tap into the resources of Diaspora and consider the best among us for investment or job opportunities.

The opinions expressed in this newspaper, except for the above, do not necessarily reflect the views of Street Hype Newspaper and its publishers. Please send your comments and or suggestions to editor@streethypenewspaper.com. Responses should be no longer than 400 words. Not all articles will be published

People Are Talking...!

Psychological effects of being a 'barrel child'

By
HAYLEY GRANT
Psychologist, Bsc
Entrepreneur

The most important element in ensuring the proper upbringing of a child is the physical presence of parents. On which scale do you measure whether or not a job is deemed as a good job? Is it by the salary you receive? Is it the personal satisfaction of carrying out the work? Or is it just the value that society places on that job?

One of the most important jobs is being a parent yet the wages of such job is priceless. I believe the reason for that is that there was no dollar figure that was good enough to be the incentive for such a role. Is that the possible reason why these roles are neglected or is it that there are no resources to ensure that the job is done.

There are many challenges that are faced by parents to ensure the proper upbringing of a child. The most common ones are financial struggles to maintain basic needs. The most common solution for such a problem is to leave the child behind with an adult to go to a place where providing will be more achievable. Parents who migrate to the United States or other countries leave behind their children to become "barrel children."

I must say that "barrel children" are the most well taken care of in the physical realm. However, the psyche of these children is usually quite unstable.

According to psychologists, youths who experience higher levels of parental involvement and a closer relationship with their parents are less likely to exhibit behavioral problems and to engage in risky behaviors.

In addition, they tend to achieve better grades and higher levels of education and to experience better emotional health. On the other hand, the emotional needs of barrel children are neglected although their parents do a lot to provide their basic needs.

Personality develops through the medium of socialization. A child's character and who he or she becomes is based on their interaction from a very tender age to adulthood. Who your child becomes is the most rewarding feeling but yet it is placed in another individual's hand to be determined because the parents were too busy trying to provide financially. Leaving children behind creates a mental image of neglect, lack of love and the feeling of unimportance, as they are too young to understand the economics of life. What further drives these mental images is the way in which their guardians treat them.

The obligation in which a mother or a father would feel for their child is not necessarily the same as what another adult would feel. A parent is necessary for the vital development. Nurturing a child is a hands-on duty that cannot be pardoned, or rather shouldn't be.

The "Barrel children" experience creates a lot of instability, as the role of parenting becomes an overwhelming responsibility for individuals such as grandparents, aunts or uncles, resulting in more neglect and feeling of unimportance.

Children in most case are left to grow and teach themselves. Have you ever considered how dangerous that might be? Imagine having to teach yourself Spanish and not having any other resources besides the environment you are being socialized in. Can you imagine how chaotic that might be?

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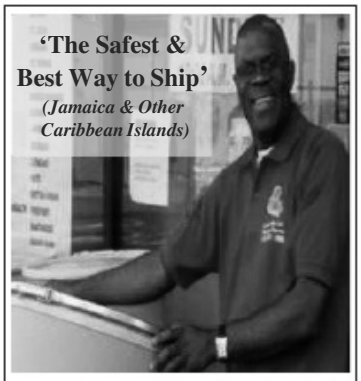

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NEWS

Juan Picart, 25

Parole on Attempted Murder Charges

MOUNT VERNON:

After a three week manhunt, Mount Vernon Police detectives arrested a suspect in the shooting of a city man earlier this month. Juan Picart, 25, was arrested last Wednesday.

Picart is accused of shooting a 28-year-old Mount Vernon resident inside a grocery store at 16 East 3rd Street. The victim sustained multiple gunshot wounds but survived.

Picart, of 210 South 3rd Avenue, has been charged with attempted murder and criminal possession of a weapon. He will be arraigned in Mount Vernon City Court later today.

Picart has two prior arrests. In February, 2008 he was arrested in connection with a Yonkers robbery where he pled guilty to attempted robbery and was sentenced to three years' probation. In March, 2009 he was arrested once again in Yonkers on the charge of 2nd degree criminal possession of a weapon. He pled guilty to that charge and served four and one half years in state prison and is currently on parole.

Luciano's No-show

Continued from page 1

"I am very disappointed that the self-style 'conscious and cultural' artist did not honor his contract and claims that the organizers of the Groovin' In The Park, set for Roy Wilkins in Queens, on June 28, for which Luciano was also booked, would drop him from the (Heritage) festival if he appeared at the free show," Sinclair said. "I reached out to the producers of the Groovin' in the Park, but to no avail."

Sinclair said Luciano's management promised a free appearance for next year show, but said he no longer trusts the artist. "I will not trust him. I prefer to put the matter in the hands of the legal authorities. It is not about money but it's the principles and the damage done to the reputation of my company," Sinclair explains.

Luciano's booking agent, Sonia Sterling, told ***Street Hype Newspaper*** that there were several issues and misunderstanding with the booking arrangement for both shows, but the promoters would not co-operate for "us to reach an amicable settlement."

Platinum One Band provided the music and backing band for the festival, under the management of Merva Forest.

Caribbean American Heritage Festival started six years ago as a community street festival and attracted well over 7,000 residents, including Caribbean nationals.

Attorney Willie Gary and Partners Sued for Racketeering and Fraud

Shirley Irons
Contributing Writer

Popular American attorney and head of law firm Gary, Williams, Parenti & Watson, Willie Gary and six of his present and former partners including former Atlanta Mayor William Campbell, have been sued by Rowe Entertainment, Inc. claiming racketeering, fraud and legal malpractice.

According to TheClientKiller.org website, "Attorney Willie Gary likes to promote himself as the 'famed Willie Gary,' someone widely known and honored for his achievements. To many of his former clients, the 'infamous Willie Gary," is more appropriate; someone who is disreputable, immoral and a disgrace to his profession."

In March 2015, a lawsuit, Rowe Entertainment, Inc. et al vs. Willie E. Gary et al, was filed in federal district court charging the law firm Gary, Williams, Parenti & Watson and six present and former partners including Willie Gary and former Atlanta Mayor William Campbell, with federal and state racketeering, fraud and legal malpractice.

Attorney Willie Gary

Leonard Rowe, former Black Promoters Association president and lead plaintiff in the lawsuit, wrote to the Florida Bar stating, "Attorney Gary has a pattern and practice of defrauding his own clients out of their settlements to enrich himself…The question that keeps coming to my mind is why attorney Willie Gary is still allowed to practice law. He should have been disbarred and imprisoned years ago for the destruction of lives he has caused."

In a gender bias case, where Mr. Gary represented forty-two women against Ford Motor Company, he was caught defrauding his clients out of tens of millions of dollars and settled out of court.

Former General Motors executive Jane Newcomb affirmed, "For many former clients, including me, the decision to hire attorney Willie E. Gary has been the mistake of a lifetime."

Marietta Goodman, former lead plaintiff in a racial discrimination case against Coca-Cola, who also wrote to the Florida Bar saying Gary "is nothing less than a predator that preys on those who have already been victimized and harmed. They place their faith and trust in him for justice. He then abuses that trust to enrich him...Mr. Gary is nothing short of a criminal."

Responding to the allegations, Willie Gary charged his accusers of fabricating an "extortion plot." Ray Rogers, director of Corporate Campaign, Inc., who launched the website on behalf of the alleged victims, challenged Mr. Gary to have Mr. Rowe, the other plaintiffs and himself arrested since extortion is a serious crime.

"We will not be swayed or motivated by these attempts by Mr. Rowe or his attorneys to extort money or grant meetings to discuss these frivolous allegations," said Gary.

Assemblywoman Walker supports funding for nonpublic schools

Assemblywoman Latrice M. Walker (D-55AD) announced that she helped pass legislation that addresses concerns of parents and teachers over testing and evaluations, and also increases funding to nonpublic schools.

"We've heard parents and teachers loud and clear – it's time to get the focus back on learning rather than testing," said Walker. "That's why we're making changes to our education system that will help our kids get the most out of their time in the classroom."

The legislation passed by the Assembly will help teachers better prepare students for certain standardized exams. The State Education Department will now be able to release significantly more past test questions and answers. Also, teachers, principals and superintendents will no longer be required to enter into confidentiality agreements preventing them from discussing the contents of these exams after the exams have been publicly released.

The Assembly's legislation would also improve teacher evaluations and student assessments by: ·creating a content review committee to review standardized tests in grades 3 through 8 in English language arts and math to ensure these tests are fair, accurate and appropriate for each grade level; and taking into account factors such as poverty, English Language Learner (ELL) status, students with disabilities and prior academic history when measuring student growth under the new teacher evaluation system.

NEWS

Damion Bryan Barrett, 28

Lotto Scammer Get 46 Months

Fort Lauderdale, Florida:

A Jamaican man was sentenced On Friday in Fort Lauderdale, Florida, after he pleaded guilty to his role in an international lottery scheme against elderly victims in the United States.

Damion Bryan Barrett, 28, was sentenced by U.S. District Court Judge William J. Zloch of the Southern District of Florida to serve 46 months in prison and five years of supervised release. Barrett was also ordered to pay $94,456 in restitution.

Barrett was indicted by a federal grand jury in Fort Lauderdale on Aug. 9, 2012, and was arrested in Jan. 2015 in Jamaica based on the United States' request that he be extradited to this country. Barrett was extradited to the United States on Feb. 12 and was the first Jamaican to be extradited to the United States based on charges that he committed fraud as part of an international lottery scheme.

On April 10, Barrett pleaded guilty to one count of conspiracy to commit wire fraud. The prosecution is part of the United States' ongoing crackdown on fraudulent international lottery schemes.

As part of his guilty plea, Barrett acknowledged that had the case gone to trial, the United States would have proved beyond a reasonable doubt that from 2008 through 2012, he was a member of a conspiracy in which elderly victims were informed that they had won a large amount of money in a lottery and were induced to pay bogus fees in advance of receiving their purported lottery winnings.

Barrett also admitted that the United States would have proved that he knew the claims of lottery winnings were completely fabricated and that he and his co-conspirators kept the victims' money for their own benefit without paying any lottery winnings.

Barrett also admitted that the United States would have proved that in an effort to convince the victims that the lottery winnings were real, the conspirators sent the victims communications discussing their purported lottery winnings, which falsely claimed to be from a genuine sweepstakes company and from federal agencies including the Internal Revenue Service and the Federal Reserve. In fact, these communications were not from a genuine sweepstakes company or from agencies of the United States.

Barrett's co-defendant, Oneike Barnett, 29, pleaded guilty on Feb. 28, 2014, to conspiracy to commit wire fraud. On April 29, 2014, U.S. District Court Judge Zloch sentenced Barnett to serve 60 months in prison and five years of supervised release, and to pay $94,456 in restitution for his role in this case.

Watch Out for Foreclosure Rescue Scams

GARDEN CITY:

A new statewide advertising campaign and consumer education initiative to help New York homeowners spot, avoid, and report mortgage rescue scams was announced Monday.

State Attorney General Eric T. Schneiderman said the advertisements would target homeowners in areas of the state hardest hit by these scams. The ads will also be displayed on Nassau County buses, run in community papers throughout the outer boroughs of New York City, and on social media in ZIP codes that have reported these scams most frequently.

"The most powerful tools to stop mortgage rescue scams are educated, vigilant homeowners," Schneiderman said. "These scams are particularly pernicious because they take victims of the housing crash and make them victims again. My office will do all we can to ensure homeowners have the tools they need to protect themselves and we will continue to vigorously pursue scammers who target vulnerable homeowners."

The ads will direct homeowners to the website AGScamHelp.com and to hotline, Homeowner Protection Program, at (855) 466-3456.

The attorney general said mortgage rescue scams prey on homeowners who are in foreclosure or at-risk of foreclosure. Typically, the scammers provide what seems like a fine-line out of foreclosure, but then bilk the homeowner while providing little or no help.

Foreclosure rescue scammers target vulnerable homeowners and, for an upfront fee, generally promise to save their homes by negotiating lower mortgage payments or principal reductions with the homeowners' mortgage servicers or lenders. After collecting upfront fees, these scam operations fail to provide the services promised, placing their victims at even greater risk of foreclosure.

The advertising campaign is sponsored by the Homeowner Protection Program using funds from the National Mortgage Settlement, the $25 billion agreement between 49 State Attorneys General and the nation's five largest Mortgage Servicers.

Nationwide, mortgage rescue scammers have conned $100 million from more than 42,000 homeowners, according to a December 2014 report by the Center for NYC Neighborhoods and the Lawyers Committee for Civil Rights Under Law.

State Attorney General Eric T. Schneiderman

As with the foreclosure crisis itself, New Yorkers have been hit particularly hard by the foreclosure rescue scam epidemic. New York homeowners have submitted more than 2,700 foreclosure rescue scam complaints to the Lawyer Committee for Civil Rights, documenting at least $8.25 million in losses. New York homeowners trail only California and Florida in the number of complaints reported to the Loan Modification Scam Database.

On average, each New York victim of a foreclosure rescue scam reported a loss of $4,183 – about $900 more than the national average. Beyond the immediate losses, these scams often result in a domino effect that raises that dollar figure: homeowners can end up losing tens or even hundreds of thousands of dollars more because their homes fall into foreclosure as a direct result of the scam.

The announcement of the advertising campaign was made at the Mitchel Field Bus Depot in Uniondale on Long Island. Schneiderman was joined by Nassau County Executive Ed Mangano; Assemblymen Michael Montesano, Charles Lavine, and David McDonoug; County Legislators Denis Ford and Rose Marie Walker; and many housing advocacy organizations, including the Center For New York City Neighborhoods and Empire Justice Center, who help oversee the Homeowner Protection Program (HOPP).

Queens Caregivers Accused of Abusing, and Neglecting Nursing Home Patient

QUEEN:

Three Queens caregivers are under arrest, accused of abusing and neglecting a nursing home patient.

The incident took place last October at Peninsula Nursing and Rehabilitation Center in Far Rockaway.

Authorities say security footage shows a man with physical and mental disabilities falling on the floor in front of staff.

Officials say the 51-year-old was ignored for more than 10 minutes before being dragged into his room. He crawled out, bleeding heavily from head injuries.

Eventually, a worker dragged him back to his room again.

The state attorney general's office says two nurses and a nurse's aide are responsible. They're now facing several charges, including endangering the welfare of an incompetent or physically disabled person.

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NEWS OF THE WORLD

Thousands Of Haitians Facing Deportation

Dominican Republic set to deport Haitian migrants

SANTO DOMINGO, DOMINICAN REP:

Hundreds of thousands of mostly Haitian undocumented immigrants in the Dominican Republic who didn't register with the government could be at risk of being rounded up and deported.

The Dominican government gave undocumented immigrants—until 7 p.m. on Wednesday to register with the government as a way to regularize their immigration status and avoid being deported. But many of them have not gone through the process yet.

Human rights advocates have called on the Dominican government to give undocumented immigrants more time to register. They said many immigrants stood in long lines outside government offices for days but kept getting turned away after being told they lacked the necessary documents to register. Others also had a hard time convincing their employers to give them time off of work to go register.

EFE reported on Wednesday that an estimated 275,000 immigrants have registered with the government, less than half of the total population of immigrants living in the Dominican Republic without legal status. A 2012 survey found that there were over half a million undocumented immigrants in the country, and almost nine out of ten are from the neighboring country of Haiti. Many of them work in the sugar cane fields or as domestic workers.

Interior Minister Ramón Fadul said Wednesday that even though the deadline to register still stood at 7 p.m., the Dominican government would work to register all immigrants who were still in line at government offices by Wednesday night.

"We are going to work with those who remain in line because we don't want to mistreat anyone," he said, according to EFE. "We want everyone to be regularized."

In the past, Fadul had acknowledged the difficulties many immigrants faced trying to register. On Tuesday he tried to reassure the public that there wouldn't be any immediate mass deportations.

But that's not what the head of the country's immigration agency indicated will happen. The Associated Press reported Tuesday that Army Gen. Ruben Paulino said his agency will begin patrolling neighborhoods with large numbers of migrants on Thursday. They plan to use 12 buses, seven light trucks and two ambulances to conduct the immigration patrols.

"If they aren't registered, they will be repatriated," Paulino said, according to the AP.

Though the two countries share a border, Haiti is much poorer and was devastated by the recent earthquake. Haitian workers have traditionally gone to the Dominican Republic for work, and this increased after the earthquake. The Dominican government as well as residents have said the influx of immigration from Haiti has strained resources.

Caribbean banks respond to EU tax haven blacklist

CASTRIES, St Lucia --

The release of the "Action Plan for Fair and Efficient Corporate Taxation in the EU" by the European Commission on June 17, 2015, which included 15 Caribbean countries in a "blacklist" of non-cooperative jurisdictions, has caused the Caribbean Association of Banks (CAB) grave concern.

Notwithstanding that the European Union has now clarified that the final decision regarding which countries should be on the list has not been made, it is considered that the timing of this publication and its general perception as a new "blacklist" could have far-reaching effects on the Caribbean's financial services sector.

Indigenous banks in the region are currently being challenged with the threat of loss of correspondent banking relationships that are provided by international banks. An additional "blacklist", based on unclear criteria, may serve to exacerbate the perception of the region as a high risk area and, consequently, negatively impact the risk rating profile of financial institutions by correspondent banks.

The financial services industry cannot survive without correspondent banking relationships and as a result, neither can regional economies.

It is noteworthy that the eight Caribbean Community (CARICOM) countries and five associated members that are named in the EU's report are all included in the OECD's list of members that have committed to automatic exchange of information.

The CAB therefore called upon the EU to carefully review the criteria used by its member states to assess and determine the countries that are non-compliant in tax matters.

ISIS Attacks On Jamaica

News Americas, KINGSTON, Jamaica

A second Caribbean nation has come under attack from supporters of the Islamic State of Iraq and the Levant (ISIL) or Isis as it's more popularly known.

Jamaica's Houses of Parliament, the Jamaica Information Service and the Jamaica National Commission for the United Nations Educational, Scientific and Cultural Organisation (UNESCO) were among six sites in Jamaica hacked by Isis supporters Monday night.

The Culture, Health, Arts, Sports and Education (CHASE) Fund, and GC Foster College as well as the Social Development Commission (SDC) were also hacked.

Visitors were greeted with an Isis propaganda message left by hackers who claimed themselves as "Team System Dz," according to the Jamaica Observer.

Jamaica is the second Caribbean nation to suffer an attack from Isis hackers in weeks. Last month, ISIL's supporters hacked the official website of St. Vincent and Grenadines and changed the front page into a picture of a man firing a machine gun from the back of a pick-up truck.

In the photo was a message in which the hackers accused the United States and NATO forces of being involved in "organized butchery" of the human race.

"They overthrow governments of sovereign nations and they undermine, threaten, refuse to recognize and seek to destroy democratically elected governments like they are in Syria, Iraq, Gaza, Palestine," the message stated. "They support dictators as long as they are fulfilling US, EU & NATO interest in the region like they did in Pakistan and Saudi Arabia.

You speak of freedom of speech and freedom of expression but you remain silent in the face of a people desire to seek freedom to exist – unless those people are Israeli Zionists! Hypocrisy of this magnitude will bring the chickens home to roost and not peace and security as is your mantra!" In that case, the hackers called themselves "Moroccan Wolf — Islamic State."

The Isis support message posted to the JIS site. (Jamaica Observer image)

The Jamaica Information Service (JIS) site was, however, back up and running yesterday.

A statement yesterday said the cyber security teams from the Jamaica Constabulary Force (JCF) and the Technology Ministry were assisting the JIS web team into the hack attack but preliminary findings reveal that the "hactivists" did not access to sensitive information but was constrained to "surface defacement."

The attacks come months after Marine Gen. John F. Kelly, chief of the US Southern Command said 100 would-be militants have already left s Jamaica, Trinidad and Tobago, Suriname and Venezuela to fight with Islamic State extremists in Syria – and could potentially get across the US border when they return home.

Bahamas' Murders up 16%

NASSAU, Bahamas:

Murders in The Bahamas increased by 16 percent between January 1 and June 22, 2015, compared to the same period in 2014.

There were 72 murders recorded during this period compared to the 62 murders recorded last year. There were ten murders in January, 15 in February, 12 in March, 11 in April, 15 in May and nine this month.

The most recent victim, who was out on bail on a murder charge and being electronically monitored, was shot dead on Sunday night, police said.

Yesterday, police classified the death of a woman, who was struck by a vehicle outside a bar she worked at on Saturday, as a murder.

National Security Minister Dr Bernard Nottage was expected to speak about crime trends and the government's crime fighting efforts during the budget debate.

But he never spoke, as the government aborted the debate early last Wednesday.

What the minister did say about crime on June 10 in response to Montagu MP Richard Lightbourn, who said the murder rate today is worse than it ever was, caused controversy.

Nottage, who rose on a point of order, said, "The murder rate today is no worse; in fact, less than it was in 2011, their last year in office."

But police data showed that the murder count was 17 percent higher that it was in 2011.

The murder count when Nottage made the statement was 68.

Up to June 10, 2011, the murder count stood at 58. Nottage did admit that the murder count is higher than it was in 2014.

He has not since made a public address about crime or the government's efforts to reduce crime.

For more news stories:
www.streethypenewspaper.com

LEGAL AFFAIRS

Davis Appoints Armstrong as City Court Judge

Mount Vernon:

Mayor Ernest D. Davis recdntly appointed Adrian S. Armstrong, Principal Clerk to Supreme Court Justice Donna M. Mills to the Mount Vernon City Court effective immediately. "Judge Armstrong comes to Mount Vernon with a wealth of experience in matters that will come before a judge in City Court," said Mayor Ernest D. Davis. "I am confident that he will be an asset here in Mount Vernon."

Judge Armstrong worked for the Office of the Bronx District Attorney as an Assistant District Attorney dealing with domestic violence and sex offenses as well as juvenile felony offenses. In the New York City Civil Court Judge Armstrong held the position of Senior Court Attorney and was responsible for all legal aspects pertaining to Judge's assignments; including preparation of decision and orders, mediation of cases and conference of landlord tenant and small claims cases.

As an Assistant District Attorney in the Office of the Bronx District Attorney he prosecuted cases involving domestic violence and sex offenses in Criminal and Supreme Court and handled all phases of litigation from grand jury to disposition. Judge Armstrong additionally prosecuted juveniles in Family Court for felony offenses.

A graduate of Longwood College in Farmville, Virginia with a BS in Psychology, Judge Armstrong attended Pace University School of Law where he graduated with his Juris Doctoral Degree in 1990 after interning with Cooper, Liebowitz, Royster & Kenny and the Honorable Ivan Warner of the New York State Supreme Court. He is currently an Adjunct Professor at Pace University in Manhattan and Monroe College in the Bronx and previously held teaching positions at Mercy College in the Bronx and the College of New Rochelle.

Adrian S. Armstrong
Mount Vernon City Court Judge

Judge Armstrong is a member of the Metropolitan Bar Association, Association of Black Lawyers of Westchester, Mount Vernon Bar Association, Small Claims Arbitrators Association and Criminal Justice Educators Association of New York.

"This is a man who has an impeccable background, 25 years of working within the courts and in private practice. His diversified experience can only be an asset for the city," said Mayor Davis.

For additional information contact Shari Harris, Special Assistant to the Mayor at 914-665-2572.

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BY
LAUREN BOYD

Owning Property Jointly – its meaning

It has been my experience as a legal practitioner that the concept of joint ownership of real estate is often misunderstood. There is a need for clarification of the types of registered property ownership so that there can be a basic understanding of what it means to own property jointly.

There are two main ways that two or more people can own registered property and these ways carry different legal ramifications.

The first type of ownership that two or more persons can have is that of Joint Tenants. Under this form of ownership none of the Joint Tenants own a greater percentage share in the property. When one joint owner dies, his interest in the property automatically passes to the Joint Tenant or tenants who would have survived him.

Therefore interest in property owned by Joint Tenants could not be successfully passed on to beneficiaries under a Will.

The other form of ownership is Tenants in Common. This type of ownership is where two or more persons own specific shares in the property, either in equal shares or in unequal shares. Owners of this type of property can make provision for their beneficiaries in a Will based on the respective ownership share of the Tenant in Common.

In both types of ownership the consent of all the owners must be obtained before the property can be sold, with certain exceptions. Also, the consent of all the owners must be obtained to make transfers by way of gifts.

Lauren Boyd is an Attorney-at-Law licensed to practice law in Jamaica. Contact her at (917) 420-9777 or laursjoy2009@gmail.com for further information on this article.

SPORTS

Raising fears over world championships fitness

Bolt to miss Jamaican trials

Kingston, Jamaica WI:

Usain Bolt's management have moved to allay fitness concerns following his decision not to compete at this week's Jamaican National Senior Championships.

The six-time Olympic gold medallist, who has struggled for form this season, had been entered for the 100 metres on Thursday, but his manager Ricky Simms said it had never been his definite intention to run.

Simms said in an email to Press Association Sport: "Usain was never confirmed to run at the trials. He put his name in to have the option."

Bolt qualifies for the 100m and 200m at August's World Championships automatically as the defending champion in both events, and is due to return to the track at the Diamond League meeting in Paris a week on Saturday before heading to Lausanne five days later.

Simms added: "I already told the media that Coach Mills (Bolt's coach Glen Mills) would make a decision on Wednesday if he needed the race or if he preferred him to train ahead of Paris and Lausanne."

Usain Bolt to miss Jamaican trials raising fears over world championships fitness

Bolt, the 100m and 200m world record holder, has only managed best times of 10.12 seconds and 20.13secs over the two distances this year.

NEW YORK CARIBBEAN CUP

New York Caribbean Cup soccer, defending champion, Team Jamaica getting ready to take the field at a recent match in Brooklyn.

West Indies lose first Test against Australia by nine wickets

ROSEAU, Dominica

Resolute half-centuries from veteran Marlon Samuels and rookie Shane Dowrich failed to inspire West Indies and they lost the first Test against Australia by nine wickets in Dominica on Friday.

Samuels hit the top score of 74 and Dowrich supported with 70, but no other batsman reached 20.

The pair of Samuels and Dowrich shared 144 for the fourth wicket before the Windies lost their last six wickets for 18 in the space of 62 balls and were bowled out for 216 in their second innings about half-hour before the scheduled close on the third day.

The Australians easily chased a modest victory target of 47, although strike bowler Jerome Taylor snared the scalp of opener David Warner caught at first slip before Steve Smith whipped him through mid-wicket four deliveries later to carry the visitors over the finish line.

The result means the home team now trail the two-Test series 1-0

New York Cosmos beat the Cuban national team 4-1

HAVANA, Cuba (ACN)

The New York Cosmos beat the Cuban national team 4-1 in a historic match played under a drizzle at Pedro Marrero stadium in Havana.

Watched by more than 20,000 spectators, the visitors' goals were scored by Zimbabwean striker Lucky Mkosana, in the 8th and 41st minutes, Uruguayan midfielder Sebastian Guenzatti (32') and American Chirishian Hagop (35'), while the hosts scored through Andy Baquero (50').

Coach Giovanni Savarese ordered his Spanish star Raul Gonzalez to play as attacking midfielder and gave Mkosana the mission to score goals. Gonzalez played the full 90 minutes for the delight of the attendees.

"This will be an experience I will never forget. I lined up a good team to play well and beat the Cubans, who lacked a bit of firepower, because they had many scoring possibilities," said Savarese at the end of the match.

FIFA says no legal grounds to remove 2018 World Cup from Russia

GEORGETOWN, Guyana

In a press release on Wednesday, the Russian Embassy in Guyana referred to a number of reprints from US and British press claiming that Russia's World Cup 2018 application could be reconsidered that have been published in local newspapers.

However, on June 8, 2015, the FIFA Committee announced it has no legal grounds to remove Russia of the World Cup 2018: "Russia was awarded the 2018 FIFA World Cup by democratic vote of the Executive Committee, based on expert opinions and available facts, FIFA has no legal grounds to take away the hosting of the FIFA World Cup from Russia and Qatar," the embassy pointed out.

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ENTERTAINMENT

Albert Aljam Green
Jamaican-born reggae singer

Aljam - the talented and creative reggae entertainer

Reggae intertainer Aljam is looking to start a "Reggalution."

The talented, and exceptionally busy, artist is the host of the Greenzone Radio Experience, which airs on 93.5 FM and www.wvipfm.com, Wednesdays at midnight, and features the music of up-coming and independent artists, as well as health and community talk segments.

Aljam holds a master's degree in psychotherapy and mental health counseling and has worked for the New York State government for a number of years.

Aljam is also the leader of the reggae group "Aljam" and the "C Band" and over the years has worked with a host of artists. They include the late Glen Adams, the original keyboard player for Bob Marley and the Wailers, the late Roman Stewart, George Nooks, aka Prince Mohammad, the great Ken Boothe, Leroy Sybles from the Heptones, Keeling Beckford and Sister Carroll.

Aljam and the Reggaelution Band was also featured by performing their original materials from the CD "Don't Give Up" in the first two months run of the off-Broadway reggae play, "Driving On The Left Side," by Blackbird Production.

The band was also featured in Boston's first reggae caberet titled "One Love" by Tempest Theatrical group. The group was featured in the PBS movie documentary, "American Love Story" by Jennifer Folks. Aljam produced three CD on "Love Affair," "Don't Give up," and "Over The Years."

Fans can see Aljam and the Reggaeluton Band in action Sundays at the Harlow Cafe, Sag Harbor, NY. For bookings, call 917-273-3456 or greenzonemedia@gmail.com.

SEND ENTERTAINMENT NEWS
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Eddie Murphy teams up with Beenie Man for 'Wonna Deez Nites'

Eddie Murphy's affinity for reggae music continues. The iconic actor, comedian and singer unveils his second song of the year "Wonna Deez Nites" featuring Jamaican dancehall icon Beenie Man.

The single will be released on June 30, 2015 on VPAL Music (VP Records' subsidiary label and distribution arm) and is available for pre-order now.

Okayplayer's LargeUp premieres the track and proclaims "the King of Comedy meets the King of Dancehall," delivering a "lighter, beach-party reggae kinda feel" for the summer.

"Wonna Deez Nites" follows his 2015 reggae chart-topper "Oh Jah Jah" (VPAL), which peaked at #1 on iTunes Reggae Single Chart and debuted in the Top 5 on the U.S. Billboard Reggae Digital Song Chart.

This new collaboration is the first time in over 20 years since Eddie Murphy has worked with another Jamaican artist musically. In 1993, he paired up with legendary Jamaican dancehall artist Shabba Ranks on his song "I Was A King."

Eddie Murphy

Listen/Post Eddie Murphy "Wonna Deez Nites" ft. Beenie Man: https://soundcloud.com/vpal-dist/wonna-deez-nites-eddie-murphy-feat-beenie-man-panda-bear-productions-vpal-music-2015/s-DS0n5

Beres & Monty for Reggae Jazz Fest

Monty Alexander and
Beresford Hammond

Brooklyn

With Festival season in full effect Jammins Events has planned a fest of their own, "Reggae Jazz Fest." A two-day, two-city festival for all jazz and classic reggae lovers alike. The "Reggae Jazz Fest" will include a live performance from Reggae Legend, Beres Hammond and his House of Harmony band along with the performance of a lifetime from Reggae-Jazz pianist Monty Alexander.

The first show will take place at the New Jersey Performing Arts Center (NJPAC) in downtown Newark, NJ on Friday, July 31st and the second show will take place at the newly renovated Kings Theatre in Brooklyn, NY on Saturday, August 1st.

Hugh Beresford Hammond musical career spans over 40 years and has had a remarkable uphill climb both on the musical charts and in the hearts of reggae lovers around the globe with chart topping hits and noteworthy collaborations.

Self-taught Pianist Monty Alexander has built a reputation exploring and fusing the worlds of American jazz, popular song with the music of his native home Jamaica. To date Alexander has recorded over 70 albums as a leader.

Alexander has performed and recorded with artists from every corner of the musical universe and entertainment world.

Jammins events possess a historic 28 years of experience in concert promotion and production in the US and on an international platform.

Lead by George Crooks, founder and president, Jammins has successfully evolved into one of the premier event management and marketing companies based in New York.

Tickets for the #ReggaeJazzFest range from $69-$125 and are available for purchase now online on www.ticketmaster.com/ www.njpac.org/www.kingstheatre.com or through your local ticket outlets. For more information and tickets call 718.282.8041. Reggae Jazz Fest will be the a memorable way for the Tri-State to celebrate their love for Reggae and Jazz music and this is only the beginning!

One-Woman Show, Demerara Gold for June 26

In celebration of Caribbean-American Heritage Month the One-Woman Show, DEMERARA GOLD will be held Friday, June 26, at the South Oxford Space, 138 South Oxford Street, Brooklyn, NY 11217. Seating is limited but you can secure your seat in advance by making a $15 donation online. Click On: www.demgoldjune26.eventbrite.com. Your donation will go towards a future production of the play. www.demeraragoldtheshow.com

OPINIONS

Senator Diaz Criticizes Mayor Bill de Blasio

By
Senator Rev. Rubén Díaz

You should know that this past Sunday, New York City Mayor Bill de Blasio decided to go to Upper Manhattan in the midst of the Dominican community to ask for a tourism boycott against the Dominican Republic based on immigration laws that are in effect in Santo Domingo.

While we all agree that immigration laws are complicated and that that the situation is very sensitive, I have to say that I have never seen Mayor Bill de Blasio go in front of the White House to criticize the President of this nation for the thousands and thousands of monthly deportations from the United States that leave children orphans, and wives and their spouses unprotected.

As we know, never in this nation have there been so many deportations as now under President Barack Obama. However, if we agree that President Obama has the right to deport people based upon the immigration laws of this nation, then we must also respect - even if we don't like - the immigration laws in Santo Domingo.

It is nothing less than a double standard to criticize the President Danilo Medina and call for a boycott of the Dominican Republic while keeping quiet about what is done in this nation under this Presidential Administration.

Bill de Blasio
Never criticize the President of this nation for the thousands and thousands of monthly deportations

Ladies and gentlemen, I ask Mayor Bill de Blasio: The same way that you went to the Upper Manhattan to criticize President Medina, will you also go in front of the White House and criticize President Obama?

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June Economic Snapshot: Immigrant Employment Trends

By Christian Johnson, Economic and Research Analysis Research Fellow

NYC is home to the largest immigrant population of any city in the U.S. While foreign-born immigrants comprised 13.1% of the entire U.S. population and 16.5% of the U.S. labor force in 2013, foreign-born immigrants accounted for 37% of all NYC residents and 46% of the NYC labor force.

Foreign-born workers are not only able to find work in NYC, but have also found opportunities to grow businesses of their own; a disproportionate share of incorporated businesses in NYC, 47.6%, are owned and operated by foreign-born workers.

In the June 2015 Economic Snapshot, we explore the employment trends and entrepreneurship of foreign-born immigrants in New York City. As of 2013, over 1.9 million immigrants to the United States worked in New York City, with 1.6 million of those also living here.

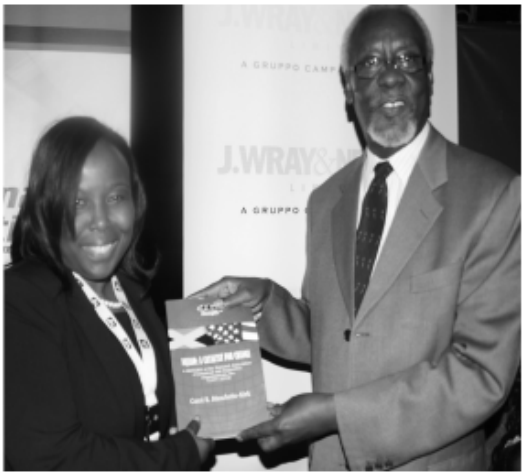
Other Highlights:

NYC residents born in Colombia appear to be the most entrepreneurial of foreign-born NYC residents, with nearly 20% of all Colombian civilian employees who are living in NYC running a business (both non-incorporated and incorporated) as their primary job.

Foreign-born NYC immigrants arriving from Asia rose by 7.4%. This increase was led by China, which saw its migrant population in NYC increase by more than 40% over the same period.

Indians comprised the largest number of immigrants commuting into the city for work, with 75,900 Indian immigrants working in NYC but just 40,400 Indian workers living in NYC.

For both native-born and foreign-born NYC residents, educational, health and social services is the primary sector of employment, with 27% and 25.5% employment rates respectively.



GOING FORWARD TOGETHER: JAMAICA AND THE DIASPORA: **Joan Pinnock, Jamaica Diaspora Advisory Board Member NE USA presents a copy of National Association of Jamaican and Supportive Organizations-1977-2014 book to PJ Patterson, former Prime Minister of Jamaica at the 6th Biennial Jamaica Diaspora Conference held in Montego Bay, Jamaica, June 13-18, 2015.**

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Image Entertainment Distinction Awards set for July 12

The Image Entertainment Distinction 2015 Awards takes place on Sunday, July 12th at The Radisson Hotel New Rochelle.

The award ceremony starts at 7 pm and includes a runway fashion show with bag designer LDine Design, and live performances by gospel artist T-rex, soul singer Sherman Andrews, dancer Abby M Santiago and Latin sensation Ec Salsero.

"We are proud to honor those who have contributed or set trends in the ir career," said the IED Awards President/CEO Madonna Williams.

This year's honorees include: International Chef Carlos La Cruz and entrepreneur Chaka Bomani with the IED Hospitality Award. This year's awards includes a new category that will honor elebrity stylist Ty Hunter.

The high-profile celebration will also honor Actor Marc John Jefferies, designer Sonjja Baram, actor/model Prakash Patil; artist Steve Cas; entrepreneur Debotah Williams; music director Janelle Abraham, businessman Dale Geffield; event manager Lorraine Campbell entrepreneur Jacene Thomas and publicist Bridgette Obrien. This year awards will bring out numerous celebrity guests and presenters.

Sponsors included Suede Modern Caribbean Restaurant, Glitzzy Hair, Carlos La Cruz, Omar;'s Kitchen, Dumplin Shop, MsMedia PR, Kelly Wedding & Decor, UpperRoom Events,, Vocab Magazine, Irie Jam Radio and Gmax Enterprise.

http://iedawards2015-.eventbrite.com

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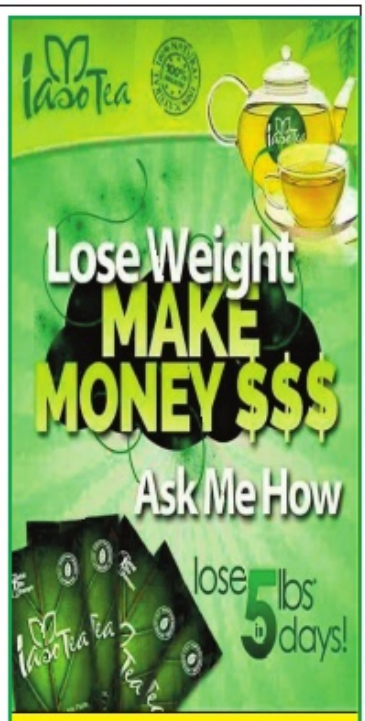
TURN UP THE FUN AT GRACE JAMAICAN JERK FESTIVAL:
The Grace Jamaican Jerk Festival NY hosted a successful media launch and 'A Taste of Jerk' promotions at the VP Records Retail Store in Jamaica, NY last weekend. Among those attending the launch were: L-R Eddy Edwards, CEO, Jamaican Jerk Festival USA Inc; Richard Elcock, Director Jamaican Jerk Festival USA Inc; Nathaniel Smith, Radisson JFK; Justin Hoshue, National Bakery; Patricia Chin, Founder VP Records and Richard Lue, Director, Business Development, VP Records

Good Food & Good Vibes for the Whole Family

New Yorkers are getting ready for one of the city's biggest Caribbean food and entertainment events, the 5th annual Grace Jamaican Jerk Festival, scheduled for Sunday, July 19, noon to 8:00 pm at Roy Wilkins Park in Queens.

The festival will showcase an exciting assortment of jerk delights served by some of New York's top Caribbean restaurants and chefs, popular cooking competitions and demonstrations as well as informative and entertaining cultural presentations. The children will have loads of fun too in the Kidz Zone and to top it off, popular reggae artistes will deliver high-energy performances on the main stage. This past weekend, event organizers hosted a successful New York media launch and 'A Taste of Jerk' promotions at the VP Records Retail Store at 170-21 Jamaica Avenue, Jamaica NY. The 'Taste of Jerk' featured NY area restaurants, sponsors, special guests and the popular Grace food truck which was a hit with patrons. Irie Jam, 93.5 FM and Randy's Radio were on hand to broadcast the festivities live to radio listeners in the tri-state area and globally on the world wide web.



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Medicare covers revolutionary new device that gives seniors freedom from lower back pain

Easy-to-use high-tech back brace is now covered by Medicare. Specialists are manning the phones for the next 48 hours to assist se niors in qualifying to get the new Verta Loc back brace and regain their youth.

The revolutionary new Verta Loc Back Brace is helping seniors everywhere re-discover an active and pain-free lifestyle.

But even better news is that recently approved Medicare coverage means that most seniors with lower back pain can get the amazing Verta Loc – and much-needed relief – at little or no cost.

Qualifying is fast and easy with a free phone call within the next 48 hours to the trained Medicare specialists at The Back Pain Resource Center.

Comfortable, custom fit provides immediate pain relief

If you are reading this, you know that lower back pain can be excruciating and debilitating. Even mild, low-grade back pain, whether chronic or recurring, robs seniors of their golden years and takes the fun out of life.

The Verta Loc was designed by medical technology experts to reverse that situation, instantly. It fits all waist sizes and has no small pieces to fumble with. Your Verta Loc will arrive fully assembled and could not be easier to adjust for a perfectly custom-tailored fit and immediate relief.

Verta Loc's unique two-strap system gives you complete control over the compression you need to feel relief, offering maximum comfort and protection with just the right amount of support.

Not available through retailers or over the internet

To keep costs down and to streamline and speed up the Medicare qualification process, the Verta Loc Back Brace cannot be purchased online or in stores. It is only available with a free call to The Back Pain Resource Center, and will be shipped directly to your home by our trusted supplier of quality durable medical equipment.

The Center's specialists are trained in Medicare and make it very easy for virtually all seniors with lower back pain to qualify for the new Verta Loc and obtain one at little to no cost out-of-pocket. The specialists handle all the paperwork in a matter of minutes.

Pain relief and financial relief too

Many people find themselves wearing their Verta Loc for only part of the day to experience relief. Plus, when the pain subsides, many are able to reduce or even eliminate their use of pain medications, which not only eliminates unwanted side effects but also saves money.

Recommended by doctors and back pain specialists

Physicians agree that using a high-quality back brace like Verta Loc helps encourage safe movement, teaches good body mechanics, and restricts the

motions that cause pain in the first place. Patients are able to maintain their daily activities and learn better back health practices.

Medicare coverage specialists are available by phone for the next 48 hours only. Call today!

Since Medicare is now covering the Verta Loc, the phone lines are expected to be flooded, but if lines are busy, callers are encouraged to keep trying. For the next 48 hours, the goal of the Back Pain Resource Center is to make sure every senior is able to experience the relief and freedom provided by having their own Verta Loc.

To get your Verta Loc please find your time zone on this map and begin calling at the time indicated.

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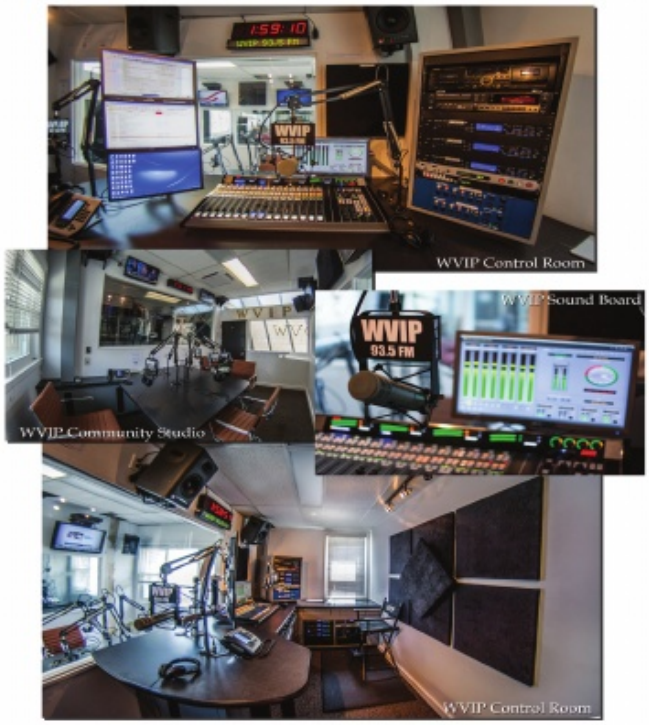

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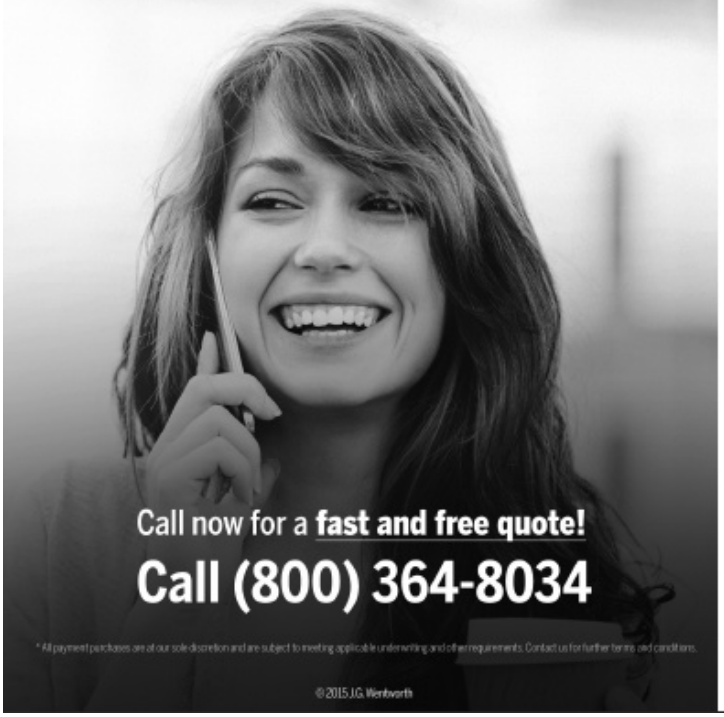

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Summer Makeup and Lip Care: Lip Balm, Lipstick or Lip Gloss

Starting the Makeup Series Art of Makeup 2015 I will begin with an overview and preliminary review. You may say why are we starting there and not the eyes? As a Makeup Artist, I find that lipstick and lip gloss is most important than let us say cheek color.

A wonderful lip color in the form of a lipstick is your choice as a summer accessory. Choose colors that you are most comfortable wearing. Even though the season says bold red does not mean the bold red is for you. Choose a hue that makes you comfortable and suite your personality and lifestyle.

Summer makeup skincare goes beyond lip color. The aim is to look great and be protected at the same time from the sun's harmful UVB and UVA rays. A great lipstick must have key components: great color, hydration and sun protection.

Now, you may ask is there a difference between lipstick and lip gloss for summer wear. Lip gloss because it is so shiny attracts the sunlight and therefore bring into focus what you do not need from the sun; sunburn and dryness. Another concern is if there is no sun protection in the lip gloss there is a stronger likelihood the areas is exposed to harmful damage over time.

SPF 30 and better is the lips best friend in the summer months; consider purchasing lipsticks with this protection.

Another option is to purchase a lip balm with SPF 30 protection then apply the lipstick over the lip balm. If you do the opposite, meaning applying lipstick then lip balm, the color of the lip stick changes and the feel is not very nice. Reapply lip balm and lip stick during the course of the day.

Looking beautiful for the summer is a choice you make! Enjoy summer filled with joy, happiness, romance and laughter.

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QUEENS:

A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market.

The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

REAL ESTATE TODAY

With

Anthony Ferguson

Realty Executives West

anthonydf2056@msn.com

In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To order a FREE Special Report, visit www.costlysellersmistake.com

Get your free special report NOW to find out how you can get the most money for your home.

This report is courtesy of ANTHONY FERGUSON OF REALTY EXECUTIVES WEST 866-534-6873.

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Family Vybz brings changes to the family

Beverley Walch aka Sista Bev is this month celebrating her first anniversary on WVIP 93.5 FM with the program Family Vybz airs on Wednesdays 2-3 am. Sista Bev explains that Family Vybz was downloaded in her spirit by God and praised the creator for choosing her to continue to produce and host the program since June 2014.

"I am extremely passionate about the family unit because I believe everything-good or bad starts within the family. My purpose is to encourage my audience to have faith and trust in God no matter what, to bring about a spirit of oneness, to help to connect those who are disconnected and to let folks understand that family is not only through blood, it is also the people in our lives who want us in their lives, which has become our motto," Sista Bev noted.

She was born and raised in Port Antonio, Portland, Jamaica WI where she attended Titchfield High School but was transferred to Holy Childhood in Kingston. In 1991 she migrated to New York City and pursued a Bachelors Art degree in business administration at DeVry University.

An accomplished song writer and performer including some twenty songs to her credit, Sista Bev said, "I love and appreciate my radio family, I thank God for divine connection with my brother Al Jam and for using me to do a work on radio which there is a need for, not only in homes but in our communities and nation at large. I thank my audience for their ongoing support. This is a great milestone for me, I remain humble as the Lord uses me also through song writing and singing."

Sista Bev's songs "Praying For Our fathers," and "Let Them Go," can be heard on YouTube. Family Vybz is also on www.wvipfm.com Wednesdays at 2-3 am. For further contact: bsavy@optonline.net or call 347-592-4868.

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Criteria for what makes a good parent?

ADVICE COLUMN

BY

DIVINE DIVA

divinestreethype@gmail.com

Dear Divine Diva:
I work with adolescent girls and over the years so many of them has been pregnant, you are so good at coming up with lists for things, Divine. Could you compile a list of criteria for what makes a really good parent? It would be nice to show them what that adds up to.
--Angela in Pleasantville, NY

Dear Angela:
I'm pleased to help. However, I'm sure my readers will want to add to the list, which is a short one.

ARE YOU READY FOR PARENT-HOOD?

(1) Can you support the child financially? Children are expensive. I always urge people to complete their education and delay parenthood until they are self-supporting in case they should find them-selves in the role of sole provider.

(2) Can you support the child emotionally? Babies are cute, but they are also completely helpless and emotionally needy. While some young women say they want a baby so they'll have someone to love them, the reality is it's the parent's Responsibility to love and sacrifice for the child. In plain English, this means the end of a normal teenage social life because babies are extremely time-consuming.

(3) Are you prepared to be a consistent parent? Children learn by example -- both good and bad. Are you prepared to be a role model for the behaviors you want your child to mimic? Because mimic they do. They learn more from what they observe than what they're told.

(4) Have you read up on child development? Are your expectations of what a child should be able to accomplish as he or she reaches various chronological mile-stones realistic? Ditto for your partner, whether or not he or she is the child's bio-logical parent.

(5) Are you prepared to put someone else's needs before your own for the next 18 to 21 years? Remember, babies can't be returned to the manufacturer for a refund if you're not 100 percent satisfied. Sometimes they come with serious challenges. Can you cope with those realities?

If the answer to any of these questions is no, I strongly advise postponing parent-hood

Please send your questions and comments to: **divinestreethype@gmail.com**

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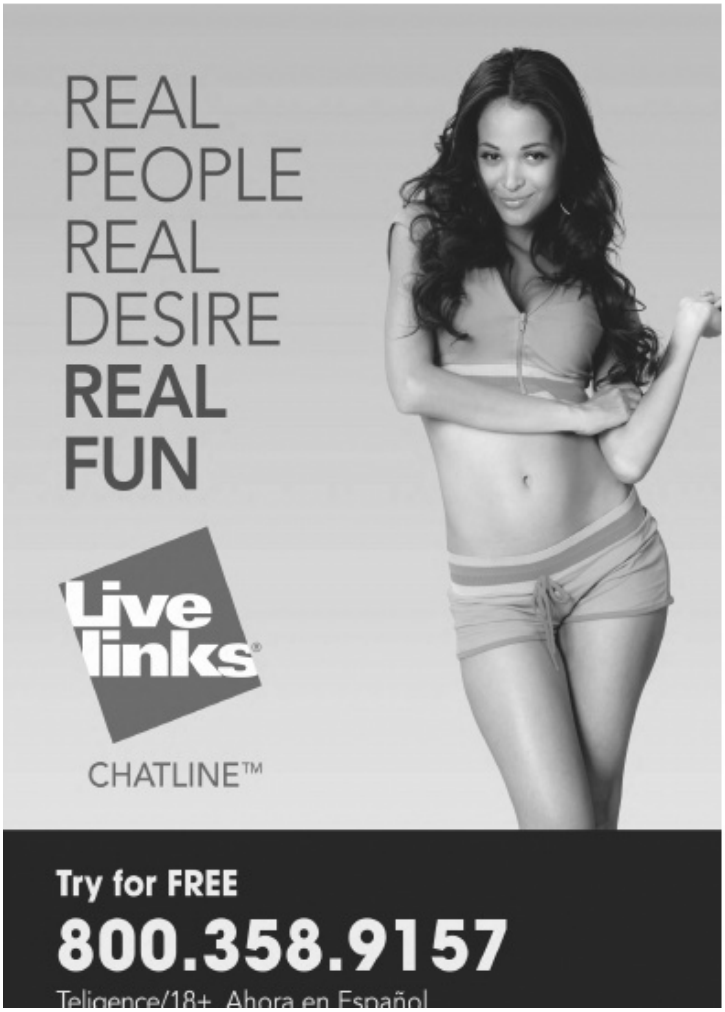

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HEALTH AND NUTRITION

New York City Schools Chancellor Carmen Fariña at PS 69 in the Bronx.

Free, Healthy Summer Meals For All!

By Carmen Fariña

Starting June 29 through September 4, free, healthy summer meals will be available for all children 18 years or younger at more than 1,000 locations across the city and for the first time families can download the Apple and Android user-friendly mobile app, Schoolfood to choose from more than 1,000 sites and access daily menus.

Last year, more than 8 million meals were served, a spike from the 7.6 million meals served during the previous summer. The DOE has launched a multi-lingual campaign to reach millions of more families this summer.

In New York City, more than 477,000 children face hunger – about one in four, making them vulnerable to infections, diseases and more likely to be hospitalized. Eating healthy meals is critical for a child's development and by providing free, accessible breakfast and lunch for children of all ages, the DOE is helping to continue good habits during the summer months to all families, regardless of their zip code.

Summer meals will be available at schools, libraries, parks, public housing sites, community based organizations, and soup kitchens throughout the five boroughs.

Sites will serve breakfast weekdays from 8 a.m. to 9:15 a.m. and lunch from 11 a.m. to 1:15 p.m. Summer meals items, which are low in fat, sodium and prepared without artificial colors or sweeteners include blueberry pancakes, yogurt and granola and cheese omelet with salsa, beef taco, black bean and corn salad.

And for the first time, food trucks will be open for lunch from 10:30 a.m. to 3:00 p.m., Monday to Friday at Orchard Beach in the Bronx and 7 days a week at the Queens Zoo parking lot at Flushing Meadows-Corona Park, Corona Plaza at Roosevelt Ave. and 103rd St. in Queens and the Rivington Playground at the Sara D. Roosevelt Park in Manhattan's Lower East Side.

Participation requires no ID, registration or documentation. Children don't need to be enrolled in summer school to participate in the summer meals program and no application is required.

For more information parents may text "nycmeals" to 877-877 or visit the following websites:

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www.schoolfoodnyc.org
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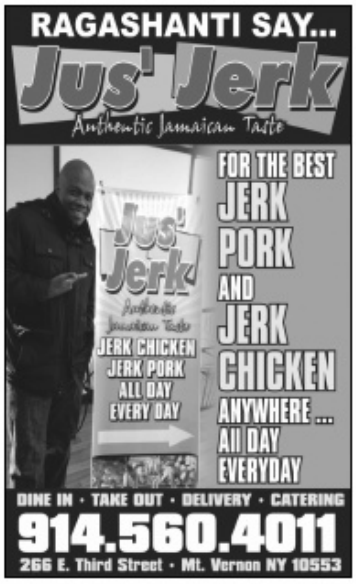


Five Goals to Losing Weight

NUTRICARE

By
GLORIA BENT, MS, RD, CDN
Nutritionist

Questions & Comments:
Gloria.Bent@gmail.com

1. Keep portions smaller than your fist. It's easy to overeat when you have too much food on your plate. Smaller portions help prevent overeating. Overeating can make health problems worse, especially if you have diabetes. One way to control overeating is to reduce portion sizes when you eat.

For most foods, a reasonable portion is ½ to 1 cup – about the size of a woman's fist. Even if your fist is larger than that, it is still a handy measuring tool that goes everywhere you go. Just keep your portions smaller than your fist.

The two most common exceptions are: Lean meat, chicken and fish. For these foods, keep portions the size of a deck of cards (about half the size of your fist) and trim all visible fats before cooking.

Plain vegetables, including salads without dressing. You can have as much as you want because these foods are nutritious, filling and low in calories.

2. Control your hunger with filling foods that are low in calories. Foods such as lower-sodium soup, salad, fruits and vegetables can help fill you up without adding a lot of calories. These foods will satisfy hunger and help you lose weight.

Research shows that people feel less hungry when they eat a certain volume (amount) of food. High-fiber foods, such as fruits and vegetables, can provide a feeling of fullness and also digest slowly. That helps you feel satisfied longer so you eat less.

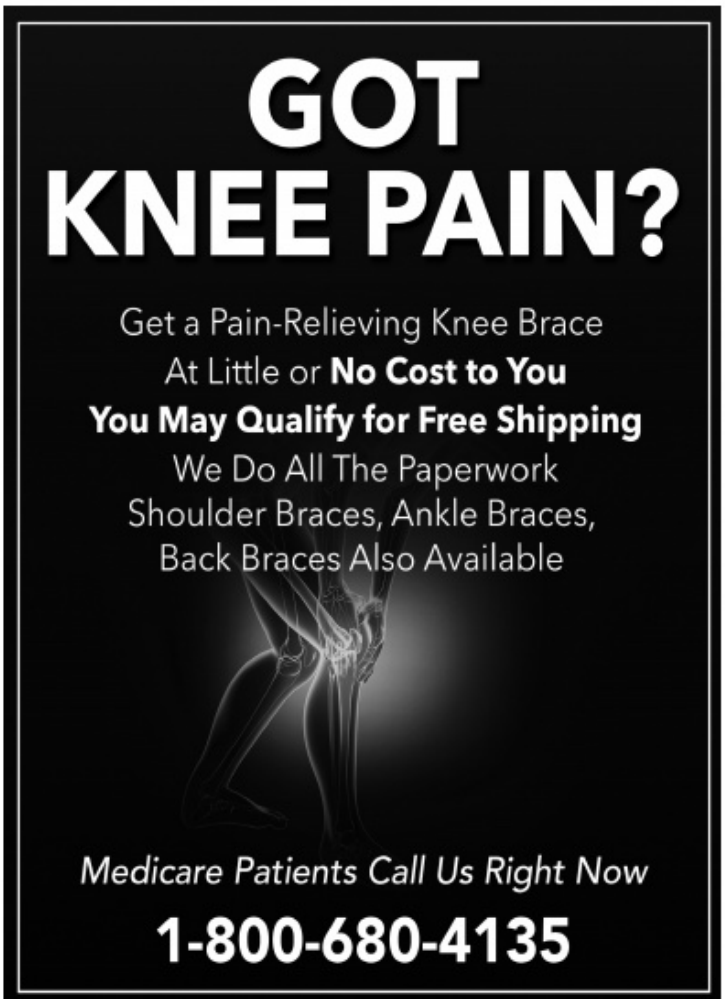
3. Keep track of what you eat. When you keep track of what you eat, you're more likely to meet your food goals. Studies show that keeping a food log or diary helps people lose weight and keep it off.

4. Make trade-offs to reduce how much sodium, saturate and trans fat and sugar you eat. Foods high in fat and sugar are often high in calories, too. But that doesn't mean you have to give up your favorite foods. Learn to make trade-offs instead. If you want to indulge in your favorite dessert, enjoy a smaller portion and eat a lower-calorie meal.

5. Enjoy more physical activity. As you already know, regular physical activity is important for keeping your heart healthy. Increasing physical activity may help you lose weight and strengthen your heart at the same time.

If you feel you need extra support to lose weight, look for a weight-loss program that's been proven safe and successful.

Courtesy of
The American Heart Association



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COMMUNITY AWARDS: Talk show host/producer of Let's Talk on Touch FM Radio, John Hinds (2nd l) poses with local leaders and recepients of his annual community service awards held recently in Bronx. Others in photo are (l-r) Richard Edwards, Charles Jarvis, Novlete Fidler, Ayisha Williams, Wally Beason and attorney Donovan Griffiths.

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Mission-Ary Globally keeps it real

By Simone Morgan
www.jamaicaobserver.com

UNITED States-based singjay Mission-Ary Globally is pleased with the reviews of his latest single Run Een.

"It's a song about opportunists, those persons who come running in because they think I am rich. A lot of persons gravitate towards it as they too can relate. I have been getting good feedback from the streets, and it is becoming a favourite wherever dancehall music is played here," he said.

Run Een was released in January of this year and produced by Chimney Records on the Happy Hour Rhythym.

Born Benton McNeil in Portland, Mission-Ary Globally started music while he was a student at Titchfield High School and won many deejay competitions. The name Mission-Ary was given to him by Ice Man, a fellow reggae act, who said he dressed like a church minister while performing on a local show.

In 2008 he migrated to Florida where he continued on the path of being a recording artiste.

"Like many other Jamaican artistes, I never had an easy life, so I used music as the avenue to escape and block out some of what was happening around me," he said.

Like most reggae acts living outside of Jamaica, Mission-Ary Globally finds it challenging in getting his big break. However, he has his strategy.

MISSION-ARY GLOBALLY

"Most people abroad think the big break can only happen in Jamaica as US is the land of hip hop and R&B, but thanks to social media, that gives a global connection," he said.

He lists Bob Marley as one of his main musical influences and he quotes him occasionally saying, "If money wants to come my way, it will, so I'll just keep on doing music."

Among his releases are songs like Low Pan Cash, Fool Too Long, National Anthem, Party Vybz and Struggle.

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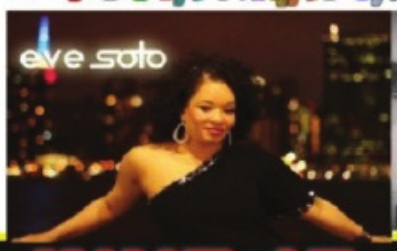
HEATHER WALKER

30 - YOUTH NIGHT SHOWCASE



EVE SOTO &

HALEY SMITH

THE KNAPPERTIME PLAYERS
featuring
MACKSINGS MCLAUGHLIN & DEBBIE KNAPPER

Presenting from Soto's music school:
The Mt Vernon Performing Arts Studio ...
Students:
Smith & Love

SKYLER LOVE

Also on the 30th @ MtVernon City Hall ...
MOUNT VERNON RECREATION I.C.E. COLD BAND/ DRUMLINE
Students from
MOUNT VERNON SCHOOL OF MUSIC
and

KEVIN LEAK, JR.

JUNE 17 - SEPTEMBER 1, 2015

Tuesdays & Saturdays 7:00pm -9:00pm ... (unless otherwise informed)
Mount Vernon City Hall Plaza | One Roosevelt Square | Mount Vernon, New York
Concert locations vary throughout the city - Performance Lineup w/venue information
BRING YOUR CHAIR, FAMILY & FRIENDS ~ FREE ROUND-TRIP TRANSPORTATION available to seniors registered in DOLES: 914.665.2447 -or- ARMORY: 914.665.2315 Senior Program - Call to register & schedule concert pickup/s

Brought to you by:
The City of Mount Vernon, New York
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